

**PENERAPAN *GINGER OIL AROMATHERAPY* DALAM
PEMENUHAN KEBUTUHAN AMAN NYAMAN PADA PASIEN
CHEMOTHERAPY-INDUCE NAUSEA AND VOMITING
DENGAN *CARCINOMA MAMMAE* DI RSUD Dr. MOEWARDI**

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ABSTRAK

Latar Belakang: Kanker payudara merupakan salah satu jenis kanker dengan angka kejadian tertinggi di dunia di Indonesia kanker payudara menempati urutan pertama dengan kasus sebesar 16,6% dan menjadi salah satu penyumbang kematian akibat kanker terbanyak. Sebanyak 45,9% pasien kanker menjalani kemoterapi sebagai terapi utama setelah operasi. Salah satu efek samping kemoterapi yang paling sering terjadi adalah *Chemotherapy-Induced Nausea and Vomiting* yang dapat menurunkan kualitas hidup serta menyebabkan dehidrasi, ketidakseimbangan elektrolit, dan komplikasi lainnya apabila tidak ditangani dengan baik. Penatalaksanaan mual muntah dapat dilakukan secara farmakologis maupun nonfarmakologis, salah satunya melalui penerapan *ginger oil aromatherapy* yang mengandung senyawa aktif gingerol dan shogaol yang memiliki efek antiemetik, antiinflamasi, dan antioksidan sehingga dapat membantu mengurangi mual muntah, memberikan rasa rileks, serta meningkatkan kenyamanan pasien yang menjalani kemoterapi.

Tujuan: Didapatkannya pengalaman nyata tentang penerapan *ginger oil aromatherapy* dalam pemenuhan kebutuhan aman nyaman pada pasien *chemotherapy induce nausea and vomiting* dengan *carcinoma mammae* di RSUD Dr. Moewardi.

Metode: studi kasus deskriptif dilakukan pada dua pasien kanker payudara yang menjalani kemoterapi di RSUD Dr. Moewardi. Tingkat mual diukur menggunakan skala Rhodes-INVR. Inhalasi dengan *ginger oil aromatherapy* dilakukan selama 2 hari dengan durasi tiap sesi 5 – 10 menit

Hasil: setelah dilakukan intervensi terjadi penurunan skor R-INVR pada kedua pasien. Pasien 1 mengalami penurunan dari skor 7 menjadi skor 6, sedangkan pasien 2 mengalami penurunan dari skor 11 menjadi skor 10.

Kesimpulan: *ginger oil aromatherapy* dapat membantu menurunkan frekuensi mual dan muntah pada pasien *chemotherapy induce nausea and vomiting*

Kata Kunci: Aromaterapi Jahe, Kanker Payudara, Kemoterapi, Mual dan Muntah.

**APPLICATION OF GINGER OIL AROMATHERAPY TO
MEET THE NEEDS FOR SAFETY AND COMFORT IN
CHEMOTHERAPY-INDUCED NAUSEA AND VOMITING PATIENTS
WITH CARCINOMA MAMMAE AT RSUD Dr. MOEWARDI**

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ABSTRACT

Background: Breast cancer is one of the most common cancers worldwide, with a prevalence of 16.6% in Indonesia and a leading cause of cancer-related deaths. 45.9% of cancer patients undergo chemotherapy as their primary treatment after surgery. One of the most common side effects of chemotherapy is chemotherapy-induced nausea and vomiting, which can reduce quality of life and cause dehydration, electrolyte imbalances, and other complications if not properly managed. Nausea and vomiting can be managed pharmacologically and non-pharmacologically. One approach is the application of ginger oil aromatherapy, which contains the active compounds gingerol and shogaol, which have antiemetic, anti-inflammatory, and antioxidant effects. This can help reduce nausea and vomiting, promote relaxation, and improve the comfort of patients undergoing chemotherapy.

Objective: To obtain real-world experience with the application of ginger oil aromatherapy to meet the safe and comfortable needs of chemotherapy-induced nausea and vomiting patients with carcinoma mammae at RSUD Dr. Moewardi.

Methods: A descriptive case study was conducted on two breast cancer patients undergoing chemotherapy at Dr. Moewardi Regional Hospital. Nausea levels were measured using the Rhodes-INVIR scale. Inhalation with ginger oil aromatherapy was performed for two days, with each session lasting 5-10 minutes.

Results: After the intervention, there was a decrease in R-INVIR scores in both patients. Patient 1 experienced a decrease from 7 to 6, while patient 2 experienced a decrease from 11 to 10.

Conclusion: Ginger oil aromatherapy can help reduce the frequency of nausea and vomiting in patients with chemotherapy-induced nausea and vomiting.

Keywords: Carcinoma Mammae, Chemotherapy, Ginger Oil Aromatherapy, Nausea and Vomiting.